

State of the Heart for Women

Cardiovascular Disease in South Carolina



Burden of Disease:

- In the United States, 493,623 women died from cardiovascular disease (CVD) in 2003, which includes heart disease, stroke, high blood pressure, congestive heart failure, and other diseases of the circulatory system.
- CVD, including heart disease and stroke, is South Carolina's leading killer for women among all racial and ethnic groups. In 2004 alone, 6,395 women died from CVD in South Carolina.
- Heart disease and stroke accounted for 41,224 hospitalizations for women in 2004 in South Carolina, with a total hospitalization cost of more than \$1.2 billion.

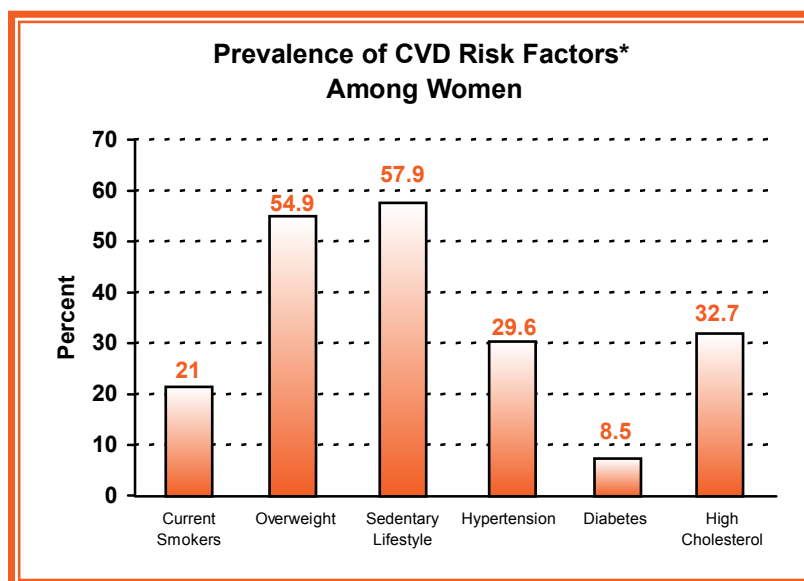
Risk Factors for South Carolinians

Smoking

- Cigarette smokers have a 70 percent greater chance of dying of heart disease than nonsmokers.
- One out of every five adult women in South Carolina smokes.

Overweight

- More than half of the women in South Carolina are overweight or obese.
- While almost half of Caucasian women in South Carolina are overweight or obese, three out of every four African-American women fit into one of these two categories.



*Data Source: South Carolina Behavioral Risk Factor Surveillance System 2004 Hypertension and High Cholesterol 2003 data.

Sedentary Lifestyle

- Less active, less physically fit persons have a 30 to 50 percent greater risk of developing high blood pressure.
- When it comes to physical activity, almost 60 percent of women in South Carolina are either inactive or are not regularly active.
- Approximately one-fourth of women in South Carolina do not engage in physical activity during their leisure time.
- Physical inactivity is more common among African-American women than Caucasian women.

Hypertension (High Blood Pressure)

- People with hypertension (high blood pressure) have three to four times the risk of developing heart disease than those without high blood pressure.

- Nearly one in three women in South Carolina have high blood pressure (2003 data).

Diabetes

- Two-thirds of people with diabetes die of heart disease or stroke.
- One out of every 10 women in South Carolina lives with diabetes.

High Cholesterol

- Lowering blood cholesterol results in a two-fold reduction of heart disease risk.
- One in three women in South Carolina has high cholesterol (2003 data).

Estimated Economic Cost of CVD in the United States in 2006
\$257.6 billion in direct costs (i.e., physicians, hospital, medications)
\$145.5 billion in indirect costs (i.e., loss in productivity)

Stroke Among Women in South Carolina



Burden of Disease for South Carolinians:

- Stroke is a leading cause of serious, long-term disability in the United States.
- South Carolina had the second highest stroke death rate in the nation in 2002 and is among a group of Southeastern states with high stroke death rates that is referred to as the "Stroke Belt."
- Stroke is the third leading cause of death for women in South Carolina, resulting in 1,595 deaths during 2004.
- African-American women are at greater risk of dying from stroke than Caucasian women in South Carolina.
- Stroke resulted in 7,591 hospitalizations for women in South Carolina during 2004.

Modifiable Risk Factors for Stroke:

- High blood pressure
- Cigarette smoking
- Diabetes
- Heart disease
- Poor eating habits
- Physical inactivity

How to Reduce Your Risk of Stroke:

- Get your blood pressure checked
- Stay active
- Eat a healthy diet
- Use less salt
- If you drink alcohol, drink in moderation
- Get your cholesterol level checked
- Stay smoke-free

WARNING SIGNS OF STROKE:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headaches with no known cause

Economic Cost of Stroke:

- Hospitalization costs of stroke totaled more than \$195 million for South Carolina women in 2004.
- The total cost of stroke in the United States for 2006 is estimated at \$57.9 billion (both direct and indirect costs).

For more information on cardiovascular disease prevention in South Carolina, please contact:

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